

OCTOBER 2021

GroupEx Studio Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:00 :15 :30 :45	BOOT CAMP Kris 5:15-5:45 TRANSITION	5:00 :15 :30 :45	ROCK & ROW Lindsay 5:15-6:00	5:00 :15 :30 :45	BOOT CAMP Kris 5:15-5:45 TRANSITION	5:00 :15 :30 :45	ROCK & ROW Kris 5:15-6:00	5:00 :15 :30 :45	HYBRID TRX Lindsay 5:15-6:00	5:00 :15 :30 :45	
6:00 :15 :30 :45	CYCLING FITNESS Kris/ Julie 6:00-6:45	6:00 :15 :30 :45		6:00 :15 :30 :45	CYCLING FITNESS Julie 6:00-6:45	6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45	
7:00 :15 :30 :45	AEROBIC STRENGTH Kim B. 7:30-8:20 TRANSITION FITFUSION Lindsay 8:45-9:35 TRANSITION	7:00 :15 :30 :45	CORE & MORE Shannon 7:30-8:00 TRANSITION POWER HOUR Shannon 8:15-9:15 TRANSITION YOGA Taylor 9:30-10:30	7:00 :15 :30 :45	AEROBIC STRENGTH Kim B. 7:30-8:30 Hybrid TRX Lindsay 8:45-9:35	7:00 :15 :30 :45	POWER HOUR Shannon 8:15-9:15 TRANSITION YOGA Taylor 9:30-10:30	7:00 :15 :30 :45	AEROBIC STRENGTH Kim B. 7:30-8:30 SIT TO BE FIT Kim T. 8:50-9:40 FBG Bible Church	7:00 :15 :30 :45	INDO ROW Julie 8:30-9:00 TRANSITION CYCLING FITNESS Heidi/Julie 9:15-10:00
10:00 :15 :30 :45	SHAPE UP with Shannon 10:00-11:00 TRANSITION	10:00 :15 :30 :45		10:00 :15 :30 :45	SHAPE UP with Shannon 10:00-11:00	10:00 :15 :30 :45		10:00 :15 :30 :45	SHAPE UP with Shannon 10:00-11:00	10:00 :15 :30 :45	
11:00 :15 :30 :45	SIT TO BE FIT Kim T. 11:15-12:05 FBG Bible Church TRANSITION	11:00 :15 :30 :45	TAI CHI Diane 11:15-12:00	11:00 :15 :30 :45	SIT TO BE FIT Kim T. 11:15-12:05 FBG Bible Church TRANSITION	11:00 :15 :30 :45	TAI CHI Diane 11:15-12:00	11:00 :15 :30 :45	PILATES Kim T. 11:15-12:15 FBG Bible Church	11:00 :15 :30 :45	
12:00 :15 :30 :45	PILATES Kim T. 12:30-1:30 FBG Bible Church	12:00 :15 :30 :45		12:00 :15 :30 :45	PILATES Kim T. 12:30-1:30 FBG Bible Church	12:00 :15 :30 :45		12:00 :15 :30 :45		12:00 :15 :30 :45	
1:00 :15 :30 :45		1:00 :15 :30 :45		1:00 :15 :30 :45		1:00 :15 :30 :45		1:00 :15 :30 :45		1:00 :15 :30 :45	
2:00 :15 :30 :45		2:00 :15 :30 :45		2:00 :15 :30 :45		2:00 :15 :30 :45		2:00 :15 :30 :45		2:00 :15 :30 :45	
5:30 :45	CYCLE & SCULPT Julie 5:30-6:15 ZUMBA Casey 6:30-7:15	5:30 :45	ROCK & ROW Heidi 5:30-6:15	5:30 :45	CYCLE & SCULPT Lindsay & Heidi 5:30-6:15	5:30 :45	FUNCTIONAL FIT Kim B. 5:30-6:15	5:30 :45		5:30 :45	
6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45	
7:00 :15		7:00 :15		7:00 :15		7:00 :15		7:00 :15		7:00 :15	

GroupEx HCM Wellness Center Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8:00 :15 :30 :45	H2O WORKOUT Felicia 8:30-9:30	8:00 :15 :30 :45	H2O WORKOUT Diane 8:30-9:30 ARTHRITIS THERAPY Diane 9:30-10:30 MASTER SWIM Al 10:30-11:30	8:00 :15 :30 :45	H2O WORKOUT Diane 8:30-9:30 AQUA CHI Diane 9:45-10:30	8:00 :15 :30 :45	H2O WORKOUT Kim B. 8:30-9:30 ARTHRITIS THERAPY Diane 9:30-10:30 MASTER SWIM Al 10:30-11:30	8:00 :15 :30 :45	H2O WORKOUT Felicia 8:30-9:30
FITNESS POOL RESERVED M-F 4-5:30P FOR YOUTH PROGRAMMING									
5:30 :45	AQUA POWER Kim B. 5:45-6:30	5:30 :45		5:30 :45	AQUA POWER Felicia 5:45-6:30	5:30 :45		5:30 :45	
6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45		6:00 :15 :30 :45	
7:00 :15		7:00 :15		7:00 :15		7:00 :15		7:00 :15	

AEROBIC STRENGTH

This total-body strength & cardiovascular training is a great way to start your day! Strengthen your body with proper technique for functional fitness. You can keep the intensity low or pump it up for the ultimate fitness experience!

ARTHRITIS THERAPY

This warm water class is designed for those with arthritis who want to control pain and improve mobility, flexibility and general movements. Therapy Pool

BOGA fit/BOGA Basics

This floating fitness water workout builds strength, deepens flexibility and improves balance and coordination without the harsh impacts.

BOOT CAMP

Jump start your day with this high-energy variety hour that will kick your booty and challenge you to new levels of fitness! Boot camp classes are held indoors & outdoors.

FITFUSION/HYBRID TRX

A combination of strength, cardio & core using the TRX suspension straps. Your body weight becomes your resistance as you work against gravity to control each movement.

CYCLE & SCULPT

Mix it up with indoor group cycling intervals and strength training intervals. Get your cardio and strength training in this one high intensity hybrid class if you are short on time!

CORE & MORE

Hit those abdominal and back muscles with this short and sweet core workout! Flex, extend, rotate and stabilize the body to create a stronger center for every functional movement.

CYCLING FITNESS

This cardiovascular class on our indoor stationary bikes is always a great workout. Indoor cycling is a great training ground for outdoor cyclists & fitness enthusiasts alike.

H2O WORKOUT / AQUA POWER

These classes combine a variety of aerobic movement with intervals of resistance training in the Fitness Pool. Water noodles, aqua dumbbells, aqua steps, medicine balls and resistance bands are used to challenge participants.

HITT HAPPY HOUR

End your day with this high-energy variety hour that will challenge you to new levels of fitness. By offering variable intensity interval training to achieve your cardiovascular goals by using tools such as rowers, bikes, Bosu balls, dumbbells, medicine balls, & resistance bands. Get ready for a fun, challenging happy hour!

HYDRO FITNESS

This class is a lap swim workout using a combination of cardio and strength training intervals with short bursts of high intensity swim techniques. Water noodles, aqua dumbbells, medicine balls and resistance bands are used to challenge swimmers. This class is ideal for participants able to swim 25 yards of freestyle stroke. Equipment needed: goggles, towel and swim suit.

INDO ROW

This indoor rowing class is "the perfect calorie burn!" Designed around elements in real row training & racing, instructors will lead you through skills & drills, wave workouts & racing!

MASTERS SWIM

Total Immersion swim workout designed to improve stroke technique, speed and fitness level for both athletes and fitness enthusiasts.

PILATES

Progressive series of floor movements will strengthen the core muscles of the abdomen, lower back and pelvic area. Increase strength, flexibility and balance of the entire body, focusing on breathing and mindful movement.

POWER HOUR

Intense indoor cycling in a group setting will motivate you to achieve your personal fitness goals! This indoor cycling class is a great training ground for outdoor cyclists!

ROCK & ROW

This class combines basic IndoRow intervals & strength training in a circuit format that will keep your muscles guessing!

SHAPE UP

This high-energy crosstraining class incorporates cardiovascular conditioning, strength training and stretching. Fun and variety are the keys to sticking with your fitness regime! This is the only place in town to offer advanced step aerobics! Check with Shannon for class programming.

SIT TO BE FIT

This social class is designed for those wanting to remain active and enjoy a complete, non-impact workout. A combination of toning exercises is performed while sitting in a chair! This class is ideal for individuals with limited mobility.

TAI CHI / AQUA CHI

Improve balance, coordination & mental wellness with circular, fluid movements at a slow tempo. This class is ideal for people with arthritis. AQUA CHI will be in the warm water pool.

TRANSFORMATIVE YOGA

Each practice will begin with basic standing poses. In time, forward bends, back bends, twists, inversions, restorative poses and more are taught. Transformative Yoga is profound and rewarding practice with the use of props. All ages and fitness levels welcome.

WALK TO BE FIT

This class is focused on walk stride, balance and strength. We will be doing functional walking, standing balance work and strengthening of the muscles associated with walking to assist clients in maintenance of mobility.

ZUMBA

Join this high-energy dance party! Have a fun aerobic workout with the rhythmic moves of Latin dance!

FUNCTIONAL FIT

This total-body strength & cardiovascular training is a great way to end your day! Strengthen your body with proper technique for functional fitness. You can keep the intensity low or pump it up for the ultimate fitness experience!

FUTURE RESERVATION SCHEDULE

Two Week Block

Oct 4 - Oct 16

Oct 18 - Oct 30

Nov 1 - Nov 13

Reservations Open

Thursday, Sept 30 @ 7pm

Thursday, Oct 14 @ 7pm

Thursday, Oct 28 @ 7pm